Indigenous Peoples Day PAGE 4
Journey PAGE 5
Holiday Recipes PAGE 11

UAA Mat-Su Home of the Mat-Su College Arctic Dragons

Mat-Su Monitor

NOVEMBER 2019 VOLUME 43 NUMBER 2

Join us for a celebration!
HEYÍ NIŁTÚ
THEME: Roc Your Mocs!
Wednesday Nov. 6th
|3pm-7pm|
The Glenn Massay Theater
Live performances, screen showings, Regalia show, Potluck & more!
Free & Open to the Public
Mat-Su College

Portables on Mat-Su Campus. Home to the Middle College and ANSEP programs.

Photograph by Brooke Corpus.

Upcoming Events

November 5: Journey Event: Responding to Microaggressions In and Outside of the Classroom. 12 PM, FSM 204.

November 6: 5th Annual **Heyí Niłtú** celebration of indigenous cultures. Free and open to the public. Glenn Massay Theater, 3-7 PM.

November 11: MSC Math Club Veteran's Day Bake Sale. Atrium.

November 11: Veteran's Day Ceremony. 12 PM, Glenn Massay Theater.

November 13: Journey Event: Cannabis Panel - The Good, The Bad, and The Ugly. 6 PM, FSM 204.

November 14: UA Scholars Reception. 6 PM, Glenn Massay Theater.

November 15: Pamyua in Concert. 7 PM, Glenn Massay Theater.

November 15: Deadline to apply for fall graduation and be included in commencement program.

November 20: Journey Event: Safety and Health at Work - Know your Rights, Know the Risks. 12 PM, FSM 204.

November 24: Trees of the Valley Christmas Event. 1 PM, Glenn Massay Theater.

November 27: No classes; campus open.

November 28-December 1: No classes; campus closed.

December 6: Deadline to apply for fall graduation.

December 19: Grades available in UAOnline.

Club meeting times

Alaska Native Cultures Club: First and Third Wednesdays, 2:30-3:30 PM.

Math Club: Mondays, 2:30-3:30 PM. SNOD 214.

Mat-Su Monitor: Tuesdays, 12-1 PM; Wednesdays, 3:15-4:15 PM. Library 214.

Spanish Club: November 17, 12:00 in FSM 105.

Student Government: 12:00-12:50, Library 214.

All dates subject to change. See https://matsu.alaska.edu/calendar/ for latest information.

Resume Writing Workshop

By Brooke Corpus

Associate Professor Dorothy Kinley, RN, MS, recognizes how competitive the job market is in the Mat-Su Valley and Anchorage. So in order to give her group of Nursing students who will be graduating in mid-December a competitive advantage, Pro-

See **RESUMES** *page 6*

GET INVOLVED WITH YOUR STUDENT GOVERNMENT
MEETINGS EVERY WEDNESDAY
12-1:00 OLB 114
(UPSTAIRS IN THE LIBRARY)

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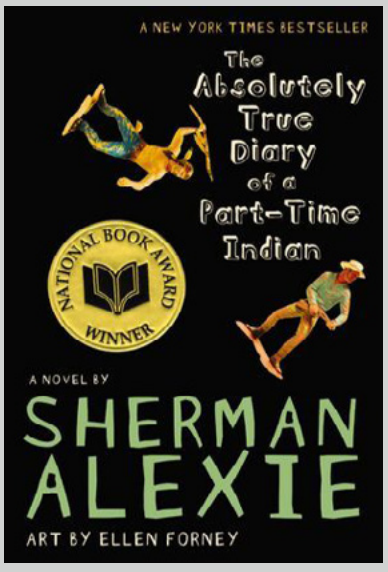
Native American Authors

By Rachelle Coutlee

I am an avid reader who has read many different genres and books throughout the years. However, to celebrate November's Native American Heritage Month, here a few books whose authors are Native American that have become my favorite. I have read these books more than once and I want to share these titles with you:


A NEW YORK TIMES BESTSELLER
The Absolutely True Diary of a Part-Time Indian
NATIONAL BOOK AWARD WINNER
A NOVEL BY
SHERMAN ALEXIE
ART BY ELLEN FORNEY

The Absolutely True Diary of a Part-Time Indian

By Sherman Alexie

Even though this is considered a Young Adult book, it is still my absolute favorite book to read. This book is loosely based off Sherman Alexie's own experiences while growing up on the Spokane Indian Reservation.

See **BOOKS** *page 11*

Social Media Did What To Me? Oh No it Di'int!

By Angeli Kristovich

We talk about being mindful, present, and in the moment, but while we are hanging out with friends, dining at a restaurant with family, or in a lecture, some of us find it difficult to mentally detach ourselves from technology, and we struggle to pay attention to what is happening right in front of us. We find comfort in knowing that we can have any answer we need on-demand with Google, and we get a high from the social media notifications telling us that someone, somewhere, liked a post of our beautifully-filtered face.

Reality is harsh sometimes, and the fact is there are good things and bad things that come along with this self-centered false image of confidence hidden behind a cellphone camera.

What if all cellphone service was lost worldwide? I'm not going to go all deep into politics because let's be honest here, if we lost the Internet today do you think the majority of the chaos would be centered on the stock market trade-world crashing, or anything hav-

See **MEDIA** *page 10*

Meet Brooke

Hey what's goody? It's me, Mariam Rebecca Brooke Corpus, but y'all can call me BrookieCookie 'cause I think it's cute. I'm 17 and I'm here representing the ANSEP Acceleration Program as the Vice President in its student government. I would love to be the President next year, but I think it'd be a good idea for me to study abroad. I love new and different experiences. I want to travel the world, make money and succeed in my education and career, and finally, find my soulmate and have a family of three. That's my main goal in life but my primary goal right now is to get into a good college like Dartmouth, Harvard, or Berkeley. As a junior, I really gotta get my life together and it's scary to know that I'm almost an adult. This is the time that colleges really pay attention to what you're doing and there's no time to waste. I'm taking six classes and my teacher and I are currently

trying to get Girls Who Code started again. Girls Who Code is a club for women and young girls that love making websites, apps, etc. So if you'd like to join, visit the ANSEP portables sometime or just DM me on Instagram. @misspandasia_expresso. But to be honest, if you need any sort of help, I'm great to talk to and I can direct you to some therapy given free by the Mat-Su college or assist you in schooling and what you can do here on campus, like introduce you to some clubs or Journey events you might be interested in attending. I go to almost every Journey event because I work as a photographer, occasionally as a writer, and I manage the Instagram for the college newspaper. I encourage all of you to follow @matsu_monitor to be updated on what's going on in school. In fact, Mat-Su Monitor is still taking in new students to participate in the paper and I'd love to see new students there! Well, anyway, that's me and if you got this far into reading about me without snoring or feeling bored that's pretty cool.

Meet Cassidi

Greetings, fellow educatees!

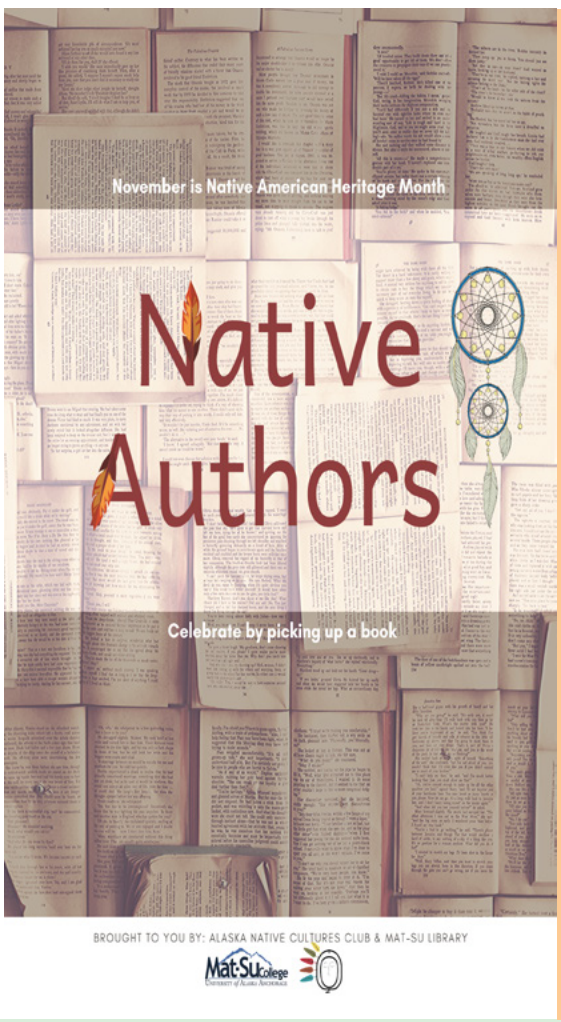
My name is Cassidi O'Brien, lover of all things science! I am attending Mat-Su College in the hopes of getting accepted into the nursing program in under 10 years. Ambitious, I know, even for a straight-A student like myself. Aside from fighting to the death for a nursing slot, I like pineapple on my pizza, but am otherwise a good person.

I enjoy anything outdoors and adrenaline-based, including camping (summer and winter), hunting, fishing, river kayaking, 4-wheeling, hiking, and especially back country snowmachining and snowboarding. As a rule of thumb, I am a YES woman and will agree to participate in any new experience you invite me to.

I am not all guts and glory. Despite my 8.5 years in the Army, I like my quiet hobbies as well. When I feel the creativity spark, I make jewelry and dreamcatchers, write poetry, read, create new recipes, berry picking, and gardening. I enjoy subsistence living when I can as it gives me a real connection to my food, survival, and what it means to simply be a human.

If you see me in the halls, say hi! I am a very social person and would love to get to know you and hear what you have to say.

SKOL VIKINGS!


November is Native American Heritage Month
Native Authors
Celebrate by picking up a book
BROUGHT TO YOU BY: ALASKA NATIVE CULTURES CLUB & MAT-SU LIBRARY
Mat-Su College

The *Mat-Su Monitor* is the student newspaper of Mat-Su College. The *Monitor* aims to report college news and serve as a forum for student writing. The *Monitor* seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the *Monitor*'s weekly meetings. Details on participating in or submitting content to the *Monitor* can be found at *https://matsu.alaska.edu/monitor.*

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the *Monitor* contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the *Monitor* article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

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Indigenous Peoples' Day

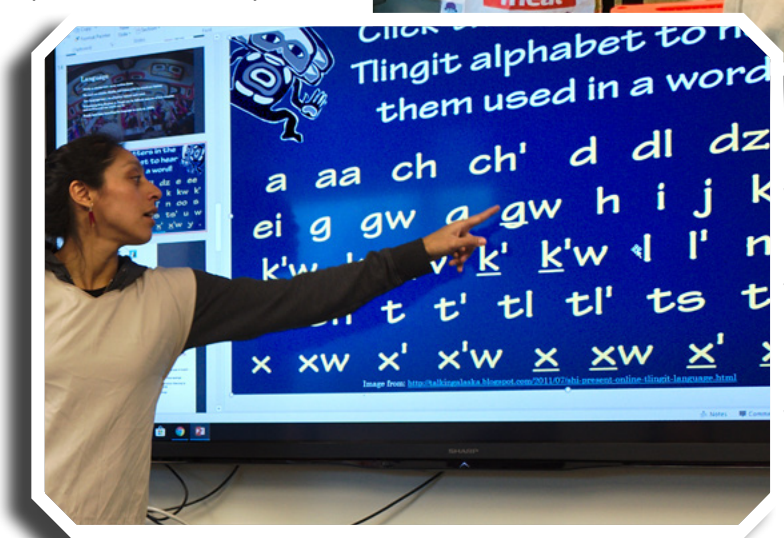
By Rachelle Coutlee

Monday, October 14, was Indigenous Peoples' Day. At Mat-Su College there was a presentation about the Tlingit culture in Southeast Alaska. It showed where their traditional homelands were, explained how their culture worked, talked about the Tlingit language, and how they keep their traditions alive today. I put together this presentation because I wanted to highlight a culture within Alaska to teach that these cultures around Alaska and the world are still alive today. Often, we usually learn about these cultures through school, like learning about the Thanksgiving holiday in elementary school, or in college courses such as Alaska History offered here at Mat-Su College. Like the comedian Dave Chappelle put it so accurately about Native American peoples: "Word. I studied you in Social Studies."

While it was a funny bit, it was so true. People do not realize that the indigenous people that lived on the lands we walk on are still present. The people that you read about … their descendants also go to the grocery store, go to college with you, check out the movies, and maybe even write articles every now and then for the Mat-Su Monitor. *ahem*

Alaska Native Cultures Club Mat-Su College

Just to let you know, **November** is **Native American Heritage Month**. There will be opportunities to learn about Alaskan cultures through what the Alaska Native Cultures Club organized, a pretty cool event called Heyí Niłtú that you will be able to attend (for free!). This event also provides you with an immersive and informational experience to be able to observe and also be a part of Alaska Native's rich heritage and their values. Wear your moccasins to this event, if you have any, and we hope to see you all there!



A Geek's Inventory

By Gary Deadmond

It is time for another Geek's Inventory. For those who read the first look into A Geek's Inventory, welcome back. For those who are reading this for the first time, greetings!

This time, we'll be taking a look inside something very geeky. Live Action Roleplay, or LARP as you may know it as.

When someone hears LARP, they might imagine a group of nerdy friends dressing up as established or original characters and roleplaying as those characters. Most commonly, this means picking up foam weapons, or in some organizations live steel, such as in the SCA. While this is true for some, there are also more LARP organizations -- such as Belegarth, Dagorhir and Amtgard -- that have rulesets, hold events and more.

Today, I will talk about one of these organizations, the one I have been involved with for over three years now: **Amtgard.**

Amtgard is an organization with Kingdoms all across the United States with some parks even thriving internationally. They focus more on Fantasy than anything else, with an eighty page rulebook containing everything from your basic Combat Rules to a Magic and Abilities section.

Yes, Magic and Abilities. In Amtgard, you can be a spell-slinging Wizard, a nature-attuned Druid, a raging Barbarian and more. Amtgard has ten classes you can choose to play as. However, these classes merely give you a baseline and a set of rules and abilities to adhere to. Just because you play as the Archer class doesn't mean you have to play as a rank and file Archer. You could play as a seafaring pirate that is a master with the bow. Or a forest-stalking hunter waiting in the trees for your moment to loose your arrow.

"*In Amtgard, you don't just say what you want to do; you do it. You swing the sword or cast the spell. You are the adventurer.*" ("*About Amtgard,*" www.amtgard.com)

Of course, just as Amtgard has rules for Magic and Abilities, there are rules to keep you and your allies, or enemies, safe. Amtgard possesses extensive guidelines on weapon and armor construction. They use foam padded weapons that are built so as to not easily bruise and their Champions and Guildmaster of Reeves make sure that every weapon that goes onto the battlefield is safe and in good repair.

However, Amtgard is a contact sport. While dangerous things such as shield bashing or grappling are strictly prohibited, you are still being hit with a foam covered stick in an exercise-heavy environment. Accidents are very rare but possible. Therefore, Amtgard does require a waiver to be signed before you can dive into the battle. So if you are planning on joining, just remember that Amtgard has a minimum age requirement of 14, and anyone under the age of 18 must have a parent or legal guardian to sign their waiver.

But enough of the boring, real life details. Let's talk about the reason everyone is here. The combat!

Amtgard comat is governed by Hit Locations in order to slay your opponent. Firstly, hits to the base of the neck and upwards to the head are strictly forbidden. If you are struck on any of your limbs, such as the arms or legs, you must either kneel down if hit on the leg or place your arm behind your back if struck on that location. If you are hit on the torso, you are dead. Additionally, any combination of two limb wounds will result in a death. After which, more often than not, you start counting, usually to 60 seconds, and return to base in order to return to life.

Except, those are just the basics. There are a wide range of ways you can do even more damage or prevent wounds. There are abilities that can kill with a single wound to a limb, like Poison, or straight up kill the target, like Call Lightning. And there are Enchantments, like Stoneskin that give you magical armor. Or Enlightened Soul that make you immune to spells. Those are but a fraction of all the Spells and Abilities at your disposal in Amtgard.

Finally, I will talk about our local Kingdom, Parks, and how you can get involved. In Alaska, there are six Amtgard Parks you can play at.

First: Ravenstone. This is the Park that I call home. They are located right here in the Valley. Palmer to be specific. You can get in touch with them on their Facebook page, "Barony of Ravenstone."

Next: Lupine Moon. They are over in Anchorage. You can contact them over on their Facebook page, "Duchy of Lupine Moon."

There are four other parks, all of which you can find on Facebook under the name of the park:

- Barony of Frozen Coast in Kenai.
- Barony of Astral Winds in Fairbanks.
- Shire of Icefire Bay in Homer.

See **GEEKS** *page 10*

What's up with that? Vol 2: Electric Boogaloo

By Miles Gibson

Well, the Student Government just keeps rolling on and getting stuff done here at Mat-Su. Here are some of the notable highlights.

First off, I would like to welcome the two newest senators to the Mat-Su College student government, Brooke Corpus and Samm Tampke. They are both bringing wonderful ideas and energy to the Student Government. Also, there is a new Club on campus: The Stephen King Club. Welcome to those folks, too.

Unlike most government the Mat-Su Student Government got a lot done, e.g., to get some Fall/Halloween activities going for the Students. First was the passing of 300 dollars for a Halloween/Day of the Dead dance to be held on campus November 1st. Another 200 dollars was passed to secure DJ DatKIDSHAWN to perform for the dance. There was an allocation of 350 dollars to show the movie 1408 in the Glenn Massay Theater on Wednesday, Oct. 30th. And last but not least the student government passed the allocation of 379 dollars to be used in efforts to help defer some of the costs for a Veterans Day Event.

The student government also made changes to the club guidelines, removing some of the confusing language of before, and making it easy for new clubs to start and roll over from year to year. The changes were voted on and passed by the people that wrote them.

Faculty advisor Ballain talked briefly about the vote to combine the UA system for accreditation and budget reasons, something that the UA Board of Regents voted to postpone. They might be waiting to see how the recall effort shakes out until voting.

Staff advisor Badger reported that the first paper went out and the deadline for submission of the next issue was October 21, and that everything was rolling along well.

Eric Blomskog let everyone know that as the seasons change be sure to watch your step. Trips, slips and falls are a common source of injuries and we are moving into the icy, snowy months.

As always any student is welcome to attend any Student Government meeting. They are held Wednesdays upstairs in the library at noon. Share grievances, ideas, or just words of encouragement with the current administration. So until next time, that's what was up.

MAKE A POSITIVE IMPACT IN YOUR COMMUNITY

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Join a Mat-Su College Student Government Council Committee Or join one of the student clubs.

Clubs are a great place to meet like minded people, have fun, learn new things and relax.

Alaska Native Culture Club	Game Club
Stephen King Club	Arroba Club
Math Club	Mat-Su Monitor

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don't see a club that interests you, can start one of your own. Student Government will fund you up to $300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.

Greed Kills

By E. Farris

The party stood before the castle. Every part was made of gold: the spires, the walls, the front gate. The moat surrounding the castle was filled with golden water. They swung the gold knocker and it boomed against the gold door. A guard appeared and the knight showed his letter of summons with the royal seal.

"Follow me," said the guard and led the knight to the king, leaving the rest of the party to wander the castle. The knight bowed before the king,

"My party and I have come to slay the monster that terrorizes your town. We only need gold weapons to defeat the beast."

"Why gold? Why not silver, or steel?" asked the king,

"Gold is the only thing that can pierce its hide," replied the knight.

"Are you sure?" asked the king.

"Certain, your Majesty." The king looked with doubt at the knight and then smiled,

"You will have gold weapons."

The party shivered in the cold of the mountain as they weathered through the knee-high snow. Wafting to the groups' noses was the stench of the beast, the lair was near. They followed the smell to a cave opening. The maw was wide and the throat deep and black.

"Come in," beckoned a distant voice. The team froze. The knight stepped forward first igniting a torch, the priest praying to his god, the archer and thief followed after. The path came to a split.

"Right," came the voice again, closer than before.

"I'm going left," spoke the thief.

"I will accompany you," the priest assured thief.

The knight and the archer went right following the voice and the thief and priest went left. The passage shrunk, getting smaller and cramped. The stalagmite scraped the knight's helm. The walls algae and water pooled at the floor. The passage became smaller, so the knight relinquished his armor. The passage grew smaller and they crawled on hands and knees through a damp passage.

"AAAAAAAAAAAAA

See **GREED** *page 10*

What's Real?

By E. Farris

The waiting room was empty as Wally walked through. Crick, crick sounded his next steps. Wally looked down at cracked ice. He kept walking forward. The ice cracked under his weight. Snap! went the pencil under Wally's shoe. The classroom chattered with talk. Eyes watched and judged him.

"Sit down!" rolled over the cloud of voices. Wally squatted and fell onto the gravel. A river rushed. Birds sang and flew about. The wind swayed the trees with vigor. A bear roared behind his ears. Wally jolted forward and ran down a long hall. He stopped after passing room 174. The door creaked. Cracking open an inch, an eye was visible.

"Is it time?" came a raspy child's voice.

"No," came a demonic voice. Wally stared into its eye. Blood dripped from its eye. Wally's chest felt wet. He checked his hand. It was red. A shark swam by in the corner of his eye. He was in the ocean. A fish came up to Wally.

"I'm drowning," spoke the fish. Wally screamed and swallowed the water. A light shined above him. The walls were mattresses. Wally's arms were locked in a fabric. A steel door sealed him inside. A face stared through the thick glass. Wally stepped toward him. Snap went a branch under his shoe. He looked down and he was sinking into the mud. Wally flailed his arms and thrashed his legs. He continued sinking. Slowly dirt filled his vision and worms burrowed into his skin. Wally screamed. He was pushed down on a bed. He felt a pinch in his arm. Wally looked down at his arm to see a knife. He took a deep breath, closed his eyes, sat up and walked away.

GET INVOLVED WITH YOUR STUDENT NEWSPAPER!
Join the Mat-Su Monitor
Wednesdays 3:15 to 4PM
Thursdays 12:00 to 12:50 PM
Library room 214

Heyí Niłtú

By Rachelle Coutlee

What does this even say, you ask? It says "hey-yee nik-too." Yay, you just spoke an Athabaskan language[1]! What does it mean? Well, I don't know the specific definition, but it roughly translates to "a celebration of the coming of winter." The Alaskan Native Cultures Club has been celebrating this event for the past five years and every year they have offered diverse attractions. It has definitely been their "signature event".

1. You actually do all the time, but you don't realize it. Many town names in Alaska are traditional names that have been modernized for the English language for example: Kake (Kéix̱), Hoonah (X̱úna), and Yakutat (Yàakwdáat) to name a few.

Heyí Niłtú is on November 6th, from 3pm-7pm. This is a family friendly event. students, faculty and the community are encouraged to attend. They are having a Regalia Show, where people will model their traditional regalia and can even win a prize for doing so. There will be a chance to win 4 tickets to the Pamyua concert coming to the Glenn Massay Theater later on in the month of November! Heyí Niłtú will have a Potluck so you will be able to get *free food* around dinner time. There are two dance groups that will perform, plus a special speaker, Alice Rearden, who will give a presentation

See **Heyí Niltú** *page 10*

The Movie Industry Isn't Out of Ideas, You're Just Not Watching the Right Movies

By Michelle Sharpe

In 2019, theaters have been flooded with sequels (Rambo Last Blood; Toy Story 4; Zombieland Double Tap; John Wick 3; Terminator: Dark Fate), comic book movies (Avengers Endgame; Joker; Captain Marvel), and live action remakes (Lion King; Aladdin). It's easy to say, "Hollywood is out of ideas! There's nothing new."

Now, this might be an easy argument, but it's not a valid one. Here's why:

Avengers: Endgame became the highest grossing movie of all time. The Lion King live action remake became the seventh highest grossing movie, raking in 1.6 billion dollars world-wide. If you look at the top 20 highest grossing movies of all time, only three are not sequels, superhero related, or remakes. Those three movies are Frozen (which has a sequel coming later this year), Titanic, and Avatar (which has four sequels planned).

Big studios make these movies because they know you will see them. You will take your family, your friends, and your significant others to see these movies, as well. Big studios film Thanos throwing a moon at Iron-Man in IMAX 3D and you cannot help but fork over the cash opening night to experience the thrill.

If you spend time on YouTube or watching TV, you will come across trailer after trailer of these upcoming movies. You will be watching football and Ironman will fly across your screen being chased by an ad. You cannot escape the ad campaign of big budget movies.

Despite this, it has never been easier to make a movie, and independent movies are getting easier to access. Streaming services like Netflix, Hulu, and Amazon are consistently producing films that are low budget and original. Bird Box is one such film. It was such a success that a meme was spawned in addition to an internet challenge. The movie was everywhere and readily accessible.

It's clear that there is a fatigue toward high budget films that are rehashes of movies that we've already seen. People want new material. Here's the thing, there are a ton of original, new, crazy movies that break boundaries out there. People are just not watching them.

Outside of streaming services, how are people supposed to know where to find new, original movies? For starters, you'd be surprised how often remakes of foreign films are made in Hollywood. If you have a favorite movie, maybe check to see if it's a remake of anything. You like "Death at a Funeral" starring Chris Rock? Maybe check out the original British version starring Matthew Macfadyen. Did you enjoy that movie "Vanilla Sky" starring Tom Cruz? Did you know that it was an American remake of "Abre Los Ojos" starring Eduardo Noriega? Watching original versions of American movies is a great way to get into non-American films and finding gems that do not get wide releases in the states.

Another way of finding original content is to keep track of film festival news. Do you know Cannes Film Festival? Tarantino's "Pulp Fiction" won the Palme d'Or award when it premiered there. This year, the Korean film "Parasite" won and is getting a ton of praise. Keep an eye out for it.

Toronto International Film Festival (Taika Waititi's new film "Jojo Rabbit" won people's choice there) and Sundance Film Festival are two more festivals that premiere contenders for the Oscar race as well as foreign films looking for an American release.

Next time you think, "Hollywood is out of ideas," just know that Hollywood is not lazy, they are just giving American audiences what they want. You are the one who determines what is made. You decide whether you go see the new Denis Villeneuve ("Prisoners"; "Sicario"; "Arrival") or the newest installment of "Fast and Furious" or "Fantastic Beasts". As a consumer, it's up to you to show the business that there is a demand for original content. That doesn't mean giving up what you love. I will never stop watching Marvel or Star Wars movies. My point is, it's up to you to broaden your entertainment palette and to start watching more obscure films. That's what should make movies so magical: Not knowing what to expect or whether you will love it or despise it.

Watch for upcoming Journey Events

Posted throughout the campus and posted on the Journey website: https://matsu.alaska.edu/journey/index.cshtml

- Responding to Microaggressions In and Outside of the Classroom Tuesday, November 5th - 12 - 12:50, FSM 204
- Heyi Niltu 2019 - Alaska Native Heritage Month Celebration Wednesday, November 6th - 3 - 7 pm, Glenn Massay Theater
- Cannabis Panel: The Good, The Bad, and The Ugly Wednesday, November 13th - 6-7:30 pm, FSM 204
- Safety and Health at Work — Know your Rights, Know the Risks
- Wednesday, November 20th - 12:00 - 12:50, FSM 204
- Gratitude Week: Letters of Appreciation November 20 - November 26th - 10 am - 3 pm, FSM Lobby

Test Anxiety - Journey Event

By ItzMeBrookieCookie

Why are you afraid of tests? Why do we panic at the thought of tests? If you attended the journey event on September 30th, you would find out that many people actually suffer from test anxiety because this is a psychological situation. Many get headaches, nausea, feelings of faintness and feeling either too cold or too hot. So why are we afraid of tests and how can we calm ourselves? Professor Kim Bloomstrom gives us advice and it all comes down to being prepared and developing good testing skills.

To be prepared…

- Take good notes and if a teacher highlights on something, be sure to write that down
- Study throughout. Don't study the night before the test!
- Make up mock test questions
- Have study groups or a study buddy
- Good testing skills
- Pick the most complete and inclusive answer
- If two answers have opposite meanings, one of them is probably correct
- You can cover the answers and pick the one that matches what you thought about first
- Answer essay questions first because that can trigger your memory to remember the answers to other questions

Dr. Kim Bloomstrom speaking at the Test Anxiety Journey event

Receive a stamp when you…
JOURNEY
Mat-Su College
• Participate in a Journey Event
• Attend a FAFSA or Scholarship Workshop
• Join a Math Cram Jam session
• Show up to a library information session
• Meet with a Career Counselor in Student Services
• Plan for next semester by meeting with your Mat-Su College advisor

Clothesline Project

October was Domestic Violence Month. Students dropped by the art studio and took a few minutes to make a statement about respect and nonviolence on a t-shirt! Afterwards, the shirts were displayed on clotheslines in the bridge to Snodgrass Hall. There were many creative designs and empowering messages. Supplies, including t-shirts, were provided. The event was hosted by Jeanine Milne of Alaska Family Services.

TRAVELER'S AID

Earn a Proactive Stamp:

- Attending a FAFSA Friday or UAA Scholarship Workshop
- Using the MSC Math or Writing Tutor services
- Joining in on a Math Cram Jam session
- Showing up to a library information session
- Meeting with a career counselor in Student Services
- Meeting with your Mat-Su College advisor

DON'T GO IT ALONE!

You're not alone on this journey! If you feel like you're losing your way, there are places to go to help you get back on track:

Counseling Services

Mat-Su College students may receive up to five free counseling appointments with an experienced behavioral health clinician. To make an appointment, call Mat-Su Health Services at 907-376-2411 and identify yourself as a Mat-Su College student. You may meet with the clinician on campus or at Mat-Su Health Services.

Campus Resources

All faculty and staff are available to assist you in achieving your educational goals. Just ask for help!

Mat-Su Valley Resources

Visit the United Way website for a complete listing of local organizations and agencies.

Alaska Health Fair

In September students were given a chance to learn what their community has to help them stay healthy and feel their best. The on-campus Alaska Health Fair was a one-stop location for free health education and screenings as well as affordable blood tests. The event was co-sponsored by UAA Nursing students and MSC Paramedic students, who presented much information.

What is your major? Be Ready to Respond

By Adelina Rodríguez

Once you have entered college, the question that follows is usually, what is your major? For some, the response may come easy, but for others it is paralyzing. With registration upon us, knowing what your major is will help you and your academic advisor identify classes to take in the spring to keep you on track towards graduation. Registering early has a number of benefits including greater class selection. Open registration begins Monday, November 25th for Mat-Su College and the University of Alaska Anchorage. For more information visit uaa.alaska.edu/registrar or call 907-745-9746.

If you are having difficulty, answering what is your major or considering a change of major, know that you are not alone. In addition, there are free resources made available through your Career Development office to help you identify and explore potential majors based on your interests. Do not go through the process alone or take a passive approach. The career development advisor is set-up to help with research or can administer a career assessment to identify a major based on interests, skills and preferred activities. A change of major can simply stem from a current major not satisfying one's interests. Therefore, identifying your interest, your motivation and natural strengths is critical in the process. There are free online resources or schedule to meet with a career advisor to guide you through the process. Learn about the free services available to you.

...there are free resources available through your Career Development office

Career and Major Exploration: whether you are a traditional or non-traditional student or changing careers and need assistance in identifying a major, we can explore career fields you are interested in or have you take the Myers-Briggs Type Indicator (MBTI) or Strong Interest Indicator – to help offer career direction and identify relevant occupations based on your strengths and interests.

Internship Opportunities: apply what you are learning in the classroom, gain valuable experience and real-world knowledge with employers in the community with an internship experience. Students will have an opportunity to participate in an internship experience whether it is connected to an academic program or not.

Applying and Interviewing: On an individual basis or in a group setting, students and alumni can learn to develop their resume, cover letter and interviewing skills. Students can participate in a mock interview, to help them practice and receive constructive feedback, before going to an actual interview.

Once you are ready contact Mat-Su College Student Services, 907-745-9746.

Resumé *continued from page 1*

fessor Kinley reached out to the Student Services Career Development Office at the Matsu-College and requested a Resume Writing Workshop. As the Career Development Advisor, Adelina Rodriguez wanted to give them "a personalized experience and go beyond the basics of resume writing." She wanted to specifically tailor the resume workshop for their program. By reaching out to the human resources office at the Mat-Su Regional Medical Center, she received insight on what they are looking for in the applications they receive. With this information, she delivered helpful advice in addition to a 30 minute Resume Workshop to these students.

These workshops do not only apply to resumes, but can also be applied to college applications and scholarships. Adelina Rodriguez would like students and faculty of Mat-Su College to know that ANY program on campus can receive a tailored workshop. Use the Student Services as a tool and resource. It's completely free for the students, so use them to your advantage. Schedule times with Adelina Rodriguez and she is more than happy to pick a time that would work.

Contact:

Adelina Rodriguez at:

Phone: 907-746-9319

Email: arodriguez22@alaska.edu

Dr. Annette Hornung

By Michelle Sharpe

Dr. Annette Hornung

A couple weeks ago, I had the opportunity to sit down with English Professor Dr. Annette Hornung. We discussed traveling the world, teaching, and the importance of providing students with materials that will help them succeed in the curriculum.

What is Dr. Hornung's background?

Dr. Hornung, like many of our professors here at Mat-Su College, is a world traveler with passion for language and teaching. Dr. Hornung received her undergraduate, Masters' and Doctorate from Arizona State University.

Initially, it was not Dr. Hornung's plan to become a teacher, having originally majored in Public Relations. It was not until after teaching English abroad in Japan that everything changed and Hornung discovered that she loved being a teacher. Going back to school, she received a dual Master's degree in both English and German. Having done that, Dr. Hornung once more traveled abroad and taught at a German college before returning to Arizona to get her PhD.

Dr. Hornung is an advocate for "experiencing life" before deciding what you want to do. "There's no rush," she says with regards to returning back to school after graduating.

What brought her to Alaska?

Dr. Hornung knew that she wanted to teach in the mountains and applied to many places. When applying for jobs, she said, "you apply where the positions are open." She knew that she wanted to live in nature with mountains and applied in cities in California, Nevada, and all along the west coast. Finally, she was offered a job at Mat-Su and she leapt at the opportunity to teach at a college surrounded by natural beauty and mountains.

When talking about Mat-Su College, she mentioned how much she loved how nice everyone was on campus and the laid back atmosphere that is hard to find in many colleges around the country.

What goals does she have as an educator?

Currently, Dr. Hornung is teaching writing and preparatory writing classes here at Mat-Su College. When I asked her what her goals as an educator are, she responded, "I'm living the dream. My goals are to do the very best that I can and to make my materials as clear as possible to the students. As well as improve my teaching materials so that they are the most salient to my students as possible so that they acquire the knowledge that I am trying to convey." Her other goals include giving students tools that allow them to discover answers on their own. Some of these tools include how to format citations as well as how to utilize the APA format.

She describes the assignments in her 100-level classes as practice in how to address all papers in the curriculum and developing patterns that they will use in their college and professional careers.

What is her teaching philosophy?

"Everyone has the ability to succeed. Everyone has the ability to write. It all comes down to motivation and what they're looking for. As long as the materials are salient and clear with clearly stated objectives, students do well."

What is her advice to her future students?

"Participate. Come in and be ready to participate."

Dr. Jeremy Nettleton

By Michelle Sharpe

Assistant Professor Jeremy Nettleton

Jeremy Nettleton is the assistant professor of biology, natural and physical sciences here at Mat-Su College. He has been with the college for two years and is currently teaching introductory biology, principles of biology, anatomy and physiology as well as microbiology along with labs.

Nettleton comes from a family of teachers and grew up with a passion for the sciences. He achieved his graduate degree at the University of Maine where he conducted research on wild kelp, as well as monitor harmful algae in fish for the commercial fishing industry.

Before teaching for Mat-Su College, Nettleton taught science for high schoolers in the Kenai Peninsula.

Nettleton's love of the natural world is evident just from glancing around his office, where he has plants as well as an enclosed terrarium which hosts a collection of algae and plants that will be self sufficient for years. In addition to studying and teaching nature, Nettleton is an avid outdoorsman. He once bicycled the coastal road from Seattle, Washington to San Diego, California.

When asked about what advice he would give future students, he suggested taking science courses that they are excited about. If students are not excited about science, he recommends trying to relate their studies to their own lives. He also insists that labs are a must for any science class so that students can apply what they learn in lecture to practical lab experiments.

Nettleton's goals as a professor include trying to get students excited about biochemistry as well as the scientific method.

Nettleton described a particular class that he was looking forward to teaching next semester. Principles and Methods of Biology will offer two different 3-hour labs. The purpose of this course is to teach students a "prescribed activity" during the first lab and then engaging in a follow up study using the tools learned in the first lab. He intends to get students outside to conduct experiments. This course will give students the creative power to design their own experiments and he hopes it will get students interested in studying the natural world.

Honor Flight

By Katrina Clayton

We have certain days each year where we take time to remember those who have fallen while in service, and we have other days to thank the ones still with us. October 5th was one of those days.

Photograph from Creative Commons

An Honor Flight, for those that don't know, is where the oldest living veterans are sent to Washington D.C. Once there, they spend multiple days visiting all the memorials that are dedicated to the military, their sacrifices, and their friends who are no longer with them. The October Honor Flight occurred on the 5th. There were 22 veterans sent to Washington D.C. When the veterans returned home, the Colony High School JROTC program provided an honor cordon. An honor cordon in this case was an arc created by cadets holding sabers above their heads. Colony was happy to volunteer their cadets. I happened to be one of the said cadets. We were very honored to participate in such a huge event to honor the ones who proudly served our country.

The actual event, with the veterans going through the arc, only lasted for a few minutes, but it felt much longer. Everyone looked very professional, and as far as I know, nobody allowed their saber to droop. Everyone was very honored and proud to be allowed to participate in this event, and would be happy to do it again.

Word on the Street: WHAT'S THE WEIRDEST THING IN YOUR BAG?

Elizabeth

A rolled-up bandage.

Juve

Clicker.

Liam

Protein powder.

Ryan

Tie between a 20 Questions music toy from 2007 and a hospital mask.

Samm

Key chain in shape of a neural net CPU from Terminator.

Sammy

Carrots.

I'm loving It? A McRib Journey

By Miles Gibson

Well, if you haven't heard, the McRib is back. It returned to Alaska on October 7th, and I was there first day to get one. Last time the McRib was brought back, Alaska did not make the cut of locations that would be offering this BBQ monstrosity, and I was not gonna miss it while it was here for a limited time. How limited of a time? Who knows, but I didn't want to be left without that sweet tangy taste knowing I could have had just one more and just didn't go. I decided that the best way to get the most out of the limited run would be by eating a McRib a day for the first two weeks of the promotion. I would have gone longer but I rapidly went through my food budget for the month and was genuinely worried about renal failure from the consumption of that much pork trimmings. Here is my story.

The first day I was excited, I could not remember the last time I had a McRib and its legendary status called to me. I ordered my first McRib. It cost $4.79 before taxes and that seemed fair. I happily munched down my first one and enjoyed it. The BBQ saucy was tangy and sweet, it had the right ratio of pickles and onions, and the pork patty was definitely not beef. This was, actually, not bad, but for the same price I could have bought a box of generic rib sammies from Costco.

Day 2 and 3 were okay as well. The novelty was still there. I was enjoying something that was not available to some parts of the county, and as a lifetime long Alaskan this was my way of sticking to those lower 48 cities that get all the promo pricing and deals. Suck it, Toledo. But as I moved into day four I could help but wonder what was in this thing I was eating? Well, according to a press release by McDonalds, "McRib consists of a restructured boneless pork patty shaped like a miniature rack of ribs, barbecue sauce, onions, and pickles served on a 5 1/2 inches (14 cm) roll."

If that doesn't sound good, I don't know what

does. I was also a bit concerned about the grill marks on the McRib as I had never actually seen a grill at any McDonalds location. In this writer's opinion they looked like they were added with a sharpie after the pork was "restructured."

By day 7 there were noticeable signs that I

See **McRIB** *page 10*

MEETING TIMES
Mondays
&
Thursdays
12:00-12:50
OLB 214
(Upstairs in the Library)

Looking For
- Photographers
- Writers
- Reporters
- Marketing Reps
- Cartoonists
- Artists

Now taking submissions:
Next deadline for entries:
November 18.

MSC

Math Club

MEETINGS;
MONDAYS 2:30-3:30
SGH 124
& via Zoom!

"We may not be private eyes, but we can find your X"

Watch for Coding Club coming soon.

YOUR CLUB'S AD COULD BE HERE!

CONTACT THE MAT-SU MONITOR FOR MORE INFORMATION.

GET INVOLVED WITH YOUR

MSC SGC

STUDENT GOVERNMENT

MEETINGS EVERY WEDNESDAY
11:50 - 12:50
FSM 105

Alaska Native Cultures Club

Weekly meetings on Wednesday
2:30pm-3:30pm in room FSM 201

Everyone is welcome to attend!

Coming soon:

Stephen King Book Club

&

Game Club

From the Math Club

How many ways can a rectangular hallway measuring 3 units wide by n units long be tiled with tiles, each of which measures 2 units by 1 unit? Can you find the solution when n = 4, 6, 8? How about for any even number n?

You can enjoy more puzzles and fun math activities during Math Club meetings and events.

Billy the Rogue

By E. Farris

The autumn leaves fell reluctantly to the ground. The wind gnawed at the trees. The clouds watched uncaring. The earth was indifferent. The trees shrieked for help to keep their beautiful leaves. The wind continued to pluck away the leaves with sadistic glee. The wind came more violently and tore hundreds from the branches. The trees wept. The man saw the tree's misery so he chopped it down to free it from the wind's clutches.

"I don't think that is why humans cut down trees, Billy."

"Come on guys, it explains why they chop down so many."

"I'm with Kevin. I don't think trees like being chopped down, plus I'm pretty sure the wind is helping the trees get rid of dead leaves."

"But-"

"Besides, if this is true, doesn't that make us monsters eating plants."

"No, we're ending their suffering."

"So if I'm dying, you are going to eat me to end my suffering."

"Maybe?"

"Oh mother nature! I can't believe you, Billy. I'm leaving."

"No! Don't go."

"Billy, you shouldn't share your crazy ideas with others."

"I know, Kevin."

Ask Sophia

Welcome to Ask Sophia, the Mat-Su Monitor's regular advice column. If you have a question you'd like to see answered, e-mail it to sophia@alaska.edu or submit it in the Ask Sophia box in the K3 café.

Q. Dear Sophia: If I see a girl who has very caked on makeup, but she is actually beautiful, should I tell her or let her continue to cake on her make up and it makes her look not so good? - Signed With Good Intentions.

A. Dear Intentions: MYOB.

Q. Dear Sophia: How do I deal with unwanted hugs, especially from friends?

A. Dear Unhugged: Try a warm, friendly hand clasp as they start to move in... or a sneeze.

Q. Dear Sophia: The Library is getting louder.

A. Dear Library Patron: Our library is ideal for group study and committee meetings, as well as providing quiet study zones. Working in the open area where sound travels well, it is generally not going to be quiet. If you are in the quiet study room at the end of the hall, or in the study carrel area and people are being loud, a polite reminder should be all it takes. If there is still a problem alert the staff who are always happy to help. There are also headphones available for checkout at the front desk if you want to listen to your own study music or try some white noise.

Q. Dear Sophia: A new family moved in next door, and I think they are Eastern European Cannibals. Me and my friends have been spying on them and going through their trash, but we can't find any evidence. What should I do?

A. Dear Stalker: First, stop going through their trash. Ewww. Second, get professional help for your paranoia. Third, we live in an enlightened society where judging people based solely on their ethnic origin is unacceptable. And lastly, get a hobby and/or new friends.

ONE SCOOP OR TWO?

P	I	S	T	A	C	H	I	O	A	L	M	O	N	D	R	O	C	A	Z	Z	I	P
D	L	E	M	O	N	O	E	R	O	R	A	N	G	E	S	H	E	R	B	E	T	O
T	L	A	M	C	O	O	K	I	E	D	O	U	G	H	A	K	U	T	A	Q	M	N
M	A	N	G	O	H	C	T	O	C	S	R	E	T	T	U	B	A	C	O	N	U	T
F	O	C	H	E	R	R	Y	G	A	R	C	I	A	L	L	I	N	A	V	R	G	N
D	O	T	S	E	L	P	A	M	T	I	L	P	S	A	N	A	N	A	B	G	E	A
S	N	I	C	K	E	R	S	E	T	S	K	C	A	R	T	E	S	O	O	M	L	C
B	I	R	T	H	D	A	Y	C	A	K	E	T	R	O	O	T	B	E	E	R	B	E
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A	M	A	E	R	C	D	N	A	S	E	I	K	O	O	C	T	L	R	A	G	B	E
E	G	G	N	O	G	Y	R	R	E	B	W	A	R	T	S	C	O	C	O	N	U	T
P	E	B	U	E	L	P	P	I	R	E	G	D	U	F	O	E	E	F	F	O	C	T
P	R	O	C	K	Y	R	O	A	D	Y	D	N	A	C	N	O	T	T	O	C	P	U
C	H	O	C	O	L	A	T	E	I	N	O	R	A	N	G	E	C	R	E	A	M	B
T	A	O	L	F	K	N	U	H	C	E	G	D	U	F	I	N	O	M	U	P	S	G

Circle the words from the list below. Place the leftover letters in the spaces for a special message!

AKUTAQ	COFFEE	LEMON	PEACH
ALMOND ROCA	CONE	MALT	PEANUT BUTTER CUP
BACON	COOKIE DOUGH	MANGO	PISTACHIO
BANANA SPLIT	COOKIES AND CREAM	MAPLE	PIZZA
BIRTHDAY CAKE	COTTON CANDY	MINT	ROCKY ROAD
BUBBLE GUM	DOTS	MOCHA	ROOTBEER
BUTTER PECAN	EGGNOG	MOOSE TRACKS	SNICKERS
BUTTERSCOTCH	FLOAT	NEAPOLITAN	SPUMONI
CHERRY GARCIA	FUDGE CHUNK	ORANGE CREAM	STRAWBERRY
CHOCOLATE	FUDGE RIPPLE	ORANGE SHERBET	UBE
COCONUT	GARLIC	OREO	VANILLA

Message in a Bottle

By Cassidi O'Brien

Sometimes I feel like an uneven keel
Drifting in the waves like a message in a bottle
Unspoken

Where have I been?
Where am I going?

Am I rising or am I falling?

Storms rage, swells swallow
Whitecaps lap, am I to follow?

Here I am amongst the foam
The carnage of waves past
Caught up by the shore at last

Bumping, urging, insisting
HEAR ME

What is my message?
When have I last spoken?
Nobody knows

For I am a message in a bottle.

CTYPT-O-QUOTE

Here's how it works: A R C T I C D R A G O N

is B S D U J D E S B H P O

One letter stands for another. In this example the letter B stands for the letter A so all the Bs stand for the letter A, Ds stand for C, etc. Single letters, apostrophes, and word length are all clues. The code letters are different for every puzzle.

B U E Y F O ' R K U L F Y G F O S Z F G V F O V Q I R F D R , L E R B U E

Y F O I R F D R D T K P R O U Q F O S Z F G V F L D F O S O V Q V O S T O K .

- A F Z V I I P V D Z F O

Media *continued from page 1*

ing to do with the politics of the loss of Internet? Probably not. Well, surely not in Alaska, anyways. The result would be that we would have to interact with each other... Uh-oh. The thought of such a scenario may sound like it is not that big of a deal, but that's only because it hasn't happened yet. I'm sure at first, life would be challenging for most who depend on their phones, but life would be so much more fun, and memorable!

I ask you this, would you be able to live without Facebook, TikTok, Snapchat, or Instagram? Sure. But what if we ponder for a second about how the simple intricacies of interacting with people has evolved into something awkward since social media came out… It's quite interesting.

For example, a couple of years ago I worked for a company that has many events in the spring and one time had I received an email from someone who had questions about an event. This person was very cool, and in my opinion, had an awesome personality despite the fact that my only interactions with this a person was through several back and forth emails.

However, the time had come where I needed to meet up with this person to give them the rundown on how a previous similar event had worked. That way they could get a feel of how it can run smoothly for them for their upcoming event. Anyways, as I said, the time had arrived to meet this person.That person had zero people skills, and could possibly be the shyest, and most awkward person I have ever met.

This is interesting to me because their social media presence was off the chart exciting. I gave this person the benefit of the doubt that maybe they had something going on that day, but nope! When I saw them again it was the same awkward encounter…tsk tsk tsk…

So I was lead to wonder, is social media inadvertently turning people into self-absorbent, antisocial, self-proclaimed online celebrities who are unable to make eye contact or hold a conversation without looking at their phone the whole time? Or, has social media helped people in a way by giving people filter-fied confidence that creates the backbone to the Body Positivity Movement?

All I know is we need to ask ourselves a few questions before our life's time is up…

The first question is, do you feel like you absolutely need your phone all the time?

If you answered yes. You've got a problem. When you read that question did your mind starting reeling with reasons to why you absolutely need your phone? Congratulations, you've got yourself an addiction.

The second question is, do you constantly check your Facebook, Instagram, Twitter, or Snapchat feed over and over, and realize you've just wasted three hours of your life, and gained nothing?

If you answered yes, then I challenge you to delete your social media for 5 business days (10 business days if you can handle the pressure of setting yourself apart from the rest). You will see serious improvement in all aspects of your life. Especially if you have children, or if you still live with your parents.

The third question is, do you feel like you need a filter to feel handsome or beautiful in a photo?

If you answered yes, then I am very sorry to hear that. If you are kind, caring, and you do your best to genuinely serve yourself and others to help make our community a healthy, and safe place for everyone, then you shouldn't be using a filter to cover such a beautiful soul!

Luckily, the answers to all these questions lie within every person, but we all have our justifications to why we do what we do. Nevertheless, we need to consider how much we time we are spending using our phones, and be mindful to what it is doing to us mentally and physically, because before we realize it we will be stuck with a hunched back from staring down at our phones 18 hours a day scrolling through pointless feeds, and complaining that we're bored.

In conclusion, this was not written to talk down on social media, but rather shed light to what it is doing to our mental state. We could be a more united as a community rather than a bunch of duckface posts online talkin bout, "hash tag this and hash tag that". Just saying. Long Live True Happiness Within!

Geeks *continued from page 3*

- Shire of Dark Lodge Crossing all the way in Juneau. (Our newest park, not even a year old.)

Collectively, these make up The Kingdom of Northreach! Ruled by our elected King or Queen.

If you'd like to join Amtgard and the Kingdom of Northreach, head over to www.akamtgard.com to find the Amtgard Rules of Play under "Documents" Then go over to "How to Join" for more detailed information on getting started. And don't worry about looking the part right away. We have loaner gear for you to use until you can get your own gear and garb. Come as you are, and be sure to bring your wits, strength, and fury for battle.

Campus lost and found now housed at the library
Missing your ...

- **Keys?**
- **Phone?**
- **Jacket?**
- **Headphones?**
- **Flash drive?**
- **Other item?**

Just ask at the library desk -- your item might have been found!

Heyí Niłtú *continued from page 4*

about her Yupik culture. There willalso be a Molly of Denali screening for the younger kids. This year, they have a theme called "**Roc Your Mocs,**" which means that if you own a pair of moccasins, they encourage you to wear them and show them off!

I want to formally thank the Alaska Native Cultures Club for putting on this event. Because it is such a big celebration, I know that everyone has been working hard to put this event on to make it as enjoyable as possible. I encourage you to check out Heyí Niłtú and to see what your fellow Artic Dragons have prepared for you.

McRib *continued from page 7*

may have been overindulging in this seasonal treat. I was starting to be plagued with meat sweats and reeked of BBQ sauce all the time. I felt as if I was plagued by a general malaise. I believe in the South they call this the 'itis. But I had seven days to go yet so like any good marketing-brainwashed consumer I carried on. After all, it was only here for a limited time -- it could be gone tomorrow.

The second week was one of the most trying weeks of my life. My body did not want to eat another one of these pork scrap McMonsters and was letting me know in the form of violent reactions. The meats sweats had progressed and were constant. Dogs were licking and nipping at my skin like I was a pork bone. I was starting to get anxiety about going through the drive through to get one, not only because I was sick of them, but what did the lady think that saw me every day? I was queasy and I think I might have stained my teeth slightly from all that sauce. I noticed that the once presentable McRib was being served to me sloppier and sloppier, as if to say even the employees were sick of them. Even my girlfriend was worried. She thought I had the flu as I had not told her what I had been doing. She wanted to take me to the doctor.

So after two weeks of McRib's I can say that I don't care if they ever come back. In fact, I would go as far as to say I hope they stay gone. They are still here, but I won't have another. 8000 calories of pork butts are enough for me. If you do choose to partake in this seasonal tradition please do so responsibly.

Greed *continued from page 4*

AAAAAAAAAAAAAAA AAAAAAAAAAAAAAA AA!" came the thief's scream through the cave. The knight pressed forward. He dropped the torch from the hole illuminating half of the room. Hundreds of bones littered the floor. The knight removed a gold bladed axe from his back, the archer behind readied gold-headed arrows.

"Welcome" came the voice from the other end of the room. Something shifted in the dark. Then pushing its head into the light revealed a large human-like face with fur covering it.

"I met your friends," it spoke with a smile. "They were," he paused, "delicious." the monster laughed. It stepped into the light, revealing a large canine body, sickly thin and pale grey. The knight charged forward smashing this axe into the creature's face. His axe shattered to pieces revealing it was made of iron and painted gold. The gold arrows bounced off the creature falling to the ground. The beast smashed into knight hurling him against a cavern wall. It charged the archer and bit him in half. Blood gushed from its mouth as it chewed.

"So good," it muttered. The beast fled deeper into the cavern, carrying the archers bottom half. The knight picked himself up and leaning on the wall made his way to the torch. Picking it up he followed the blood trail. Limping and partly broken, he came upon the beast. The thief's dead body sat by it as the monster crunched on the bones and flesh of his comrades. The knight limped forward falling onto his fallen companion. He searched the bag around the thief's waist and grasped a gold butterknife.

"Couldn't wait your turn, could you?" asked the beast jokingly. It leaned down to eat the knight. He turned to face the monster and shot the gold butter knife from a hand crossbow straight into its left eye. The beast howled and thrashed as the butter knife cut through its brain. It collapsed dead with a thud.

Favorite Holiday Recipes

By Rachelle Coutlee

Thanksgiving is around the corner and you know what that means… sooo much leftovers! I know, I know, "turkey sandwiches are awesome." And they are. However, if you put in just a little bit of work towards making those leftovers into another great meal, it will definitely be worth it.

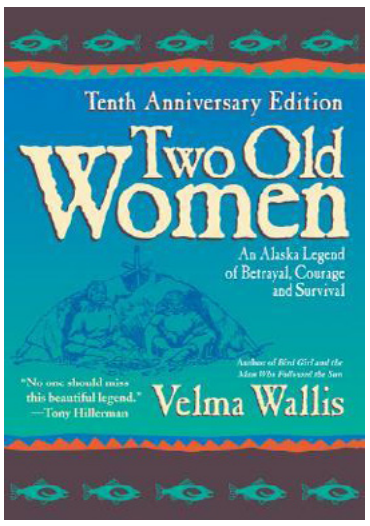
Nowadays, I feel like pies don't get enough credit as being an actual meal as opposed to just a dessert. I want to change that by showing you how to make this tasty dinner-time pie. I hope you enjoy making this as much as you will enjoy eating it!

If you have a recipe you would like to share with our readers, they can be submitted via email at matsumonitor@alaska.edu.

Pumpkin Roll By Cassidi O'Brien

Books *continued from page 1*

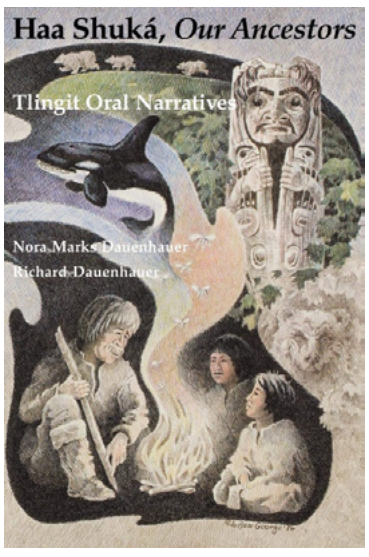
The main character Arnold Spirit Jr. (Junior) lives on the Spokane Indian Reservation but decides to go to school off the reservation in the nearest town, Rearden. His classmates on the Rez feel betrayed by this switch while his Rearden classmates scorn his presence. This is a book that has good humor but with some tragic moments as you read about Junior and how he finishes his first year at Rearden High School.


Tenth Anniversary Edition
Two Old Women
An Alaska Legend of Betrayal, Courage and Survival
"No one should miss this beautiful legend." —Tony Hillerman
Velma Wallis

Two Old Women
By Velma Wallis

Based on an Athabascan legend of the upper Yukon River Valley in Alaska. A story like this is also meant to teach the younger generations their cultural values.

In this story, two old women were abandoned by their tribe during a brutal winter famine. They were more of a hindrance than a help to the tribe when everyone is supposed to contribute their share of the work. In order to survive in the unforgiving Alaskan lands, they must work together and survive or die trying.

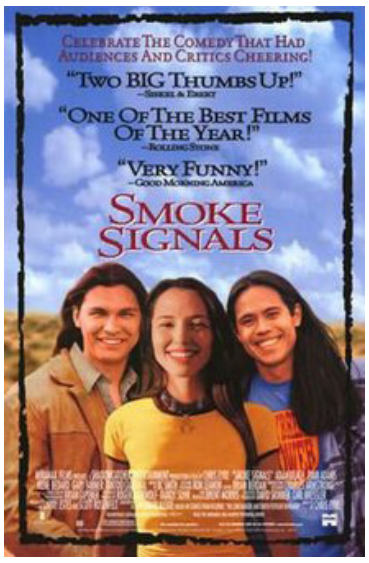


Haa Shuká, Our Ancestors
By Nora Marks Dauenhauer & Richard Dauenhauer

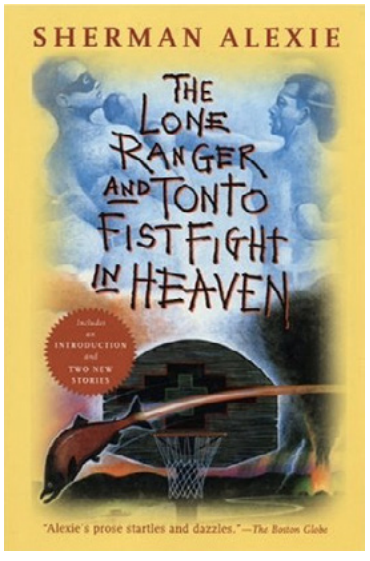
Based on the Tlingit people of Southeast Alaska, I put this on the list because not only am I Tlingit, but I enjoy reading the traditional stories that are written in both the Tlingit language and then translated in English.

This book features 11 classic stories by 13 elders, including the Origin of the Killer Whale, The Strong Man, and The Woman Who Married the Bear. Stories are a way of teaching the younger generations lessons of respect, strength, and humility. The focus here is on the Tlingit stories and the story tellers themselves, that displays the Tlingit way of life coming into the twentieth century.

Bear with it, because I know it can kind of be confusing to read. The 22 interlinked tales are narrated by characters raised on a Reservation. There are characters such as Victor, Thomas Builds-the-Fire, and Jimmy Many Horses. Caution: these stories contain alcohol, laughter, and basketball. Every aspect of what a person experiences living on the Rez. Sherman Alexie depicts the distances between Natives and whites, reservation Natives and urban Natives, men and women, and between modern Natives and the traditions of the past.


Celebrate The Comedy That Had Audiences And Critics Cheering!
"Two Big Thumbs Up!"
"One Of The Best Films Of The Year!"
"Very Funny!"
Smoke Signals

Smoke Signals directed & co-produced by Chris Eyre. Screenplay by Sherman Alexie



The Lone Ranger and Tonto Fistfight in Heaven
by Sherman Alexie

If reading *Lone Ranger and Tonto Fistfight in Heaven* by Sherman Alexie is a bit too much, watching the movie based of this book: "Smoke Signals." It depicts much the same of what the book conveys. This movie is a favorite among my friends and I. Almost every indigenous person I have met has watched this movie, and we find ourselves quoting lines to each other and laughing about it. Trust me, it's a good one to watch.

Recipe

TURKEY POT PIE

By Rachelle Coutlee

INGREDIENTS:

2 cups frozen peas, carrots & green beans
1 cup sliced celery
2/3 cup butter
2/3 cup chopped onion
2/3 cup all-purpose flour
1 teaspoon salt
1 teaspoon ground black pepper
1/2 teaspoon celery seed
1/2 teaspoon onion powder
1/2 teaspoon Italian seasoning
1 3/4 cups chicken broth
1 1/3 cups milk
4 cups cubed cooked turkey meat
4 (9 inch) unbaked pie crusts

DIRECTIONS:

Preheat an oven to 425 degrees F (220 degrees C).

Place the peas and carrots, green beans, and celery into a saucepan; cover with water, bring to a boil, and simmer over medium-low heat until the celery is tender, about 8 minutes. Drain the vegetables in a colander. Set aside.

Melt the butter in a saucepan over medium heat, and cook the onion until translucent, about 5 minutes. Stir in 2/3 cup of flour, salt, black pepper, celery seed, onion powder, and Italian seasoning; slowly whisk in the chicken broth and milk until the mixture comes to a simmer and thickens. Remove from heat; stir the cooked vegetables and turkey meat into the filling until well combined.

Fit 2 pie crusts into the bottom of 2 9-inch pie dishes. Spoon half the filling into each pie crust, then top each pie with another crust. Pinch and roll the top and bottom crusts together at the edge of each pie to seal, and cut several small slits into the top of the pies with a sharp knife to release steam.

Bake in the preheated oven until the crusts are golden brown and the filling is bubbly, 30 to 35 minutes. If the crusts are browning too quickly, cover the pies with aluminum foil after about 15 minutes. Cool for 10 minutes before serving.

HARVEST PUMPKIN ROLL

By Cassidi O'Brien

What dessert comes to mind when you smell the changing of seasons, leaves turning, and Thanksgiving just around the corner? Nothing says fall more to me than an aromatic and delicious pumpkin roll boasting all your favorite fall flavors. I have a twist on an old classic that is sure to get nods of approval and demands for your secret recipe. I can already hear you asking about the twist on something that is already so classically delicious. Well my curious additions start with the Indian spice cardamom, then on to some ginger, and ending with the option of red currants in its cream cheese frosting. Secret be told, the addition of red currants allows this recipe to be applicable from early fall, into Christmas, and well beyond!

DRY INGREDIENTS:
¾ Cups all-purpose flour
½ tsp. baking soda
½ tsp. baking powder
¼ tsp. salt
½ tsp. cinnamon
½ tsp. ginger
½ tsp. cardamom
½ tsp. vanilla
3 large eggs (beaten)

FROSTING INGREDIENTS:
6 Tbs. butter – room temp
1 pkg. (8 oz.) cream cheese – room temp
¾ to 1 Cup powder sugar- depending on your sweet tooth's preference. I prefer ¾ C.
1 tsp. vanilla extract

DIRECTIONS:

Remove all stored pans from the oven racks (I know they're in there!). Preheat oven to 375 F and line a 15 x 10 inch jelly roll pan with greased wax paper or my favorite, a silicone mat.

COMBINE: Sift the flour, baking powder, baking soda, cinnamon, cardamom, ginger, and salt in a small mixing bowl. Beat the sugar and eggs until thick. Add the pumpkin and ½ tsp. vanilla until combined. Gradually add the flour until just incorporated. Do not over mix as this will develop the gluten in the flour resulting in a firmer dryer crumb. Tap the pan on the counter for equal disbursement of the batter and to release any large air bubbles.

BAKE: 13-15 min or until the center of the cake bounces back when touched. IMMEDIATELY invert the cake with confidence onto a powdered sugar dusted, thin clean towel. Roll the towel and cake up and cool on the seam of the cake.

BEAT: Cream cheese, sifted powdered sugar, butter, and vanilla in stand mixer until nice and fluffy. Carefully unroll the cake and spread the frosting evenly on the cake. To make this recipe fit for the Christmas table, sprinkle some red currents into the frosting adding both a pop of color and tart burst of flavor.

PRO-TIPS:

The more sifting of dry ingredients, the more tender and velvety your cake will be.

For another variation of the frosting, add ¼ cups eggnog if that's your holiday flavor thing.

To elevate your presentation, cut off both ends, place a fern or other foliage on top of the loaf, then dust with powdered sugar. A beautiful decoration will be left behind.

Buy cardamom as a whole seed and crush by mortar and pestle. The aromatics that come about in the direct crushing is not matched by buying pre-ground.

I love to make this recipe when I want to impress at events outside my own home. I mean, what is easier to transport than a cake with its frosting on the inside?!

9 THINGS TO KNOW ABOUT

PROTECTS ALL PEOPLE OF SEXUAL DISCRIMINATION REGARDLESS OF SEX

ALL SCHOOLS MUST HAVE A TITLE IX COORDINATOR

SCHOOLS MUST TAKE IMMEDIATE ACTION FOR VICTIMS

SCHOOLS MUST HAVE APPROVED PROCEDURES TO HANDLE SEXUAL MISCONDUCT

SCHOOLS MAY NOT RETALIATE AGAINST A VICTIM FILING A COMPLAINT

PREGNANT AND PARENTING STUDENTS ARE PROTECTED FROM DISCRIMINATION

SCHOOLS CANNOT DISCOURAGE SEXUAL ASSAULT VICTIMS FROM PURSUING EDUCATION

SCHOOLS MUST ENSURE CAMPUS IS FREE OF SEXUAL HARASSMENT & DISCRIMINATION

ALL SEXUAL INTERACTIONS MUST OCCUR BETWEEN TWO CONSENTING ADULTS

TITLE IX

If you SEE Something, SAY Something, DO Something